

2016 - 2017 Sherwood, Tualatin, West Linn, Wilsonville

Recreational Basketball League Rules

	Length of Game	Time Outs	Player Substitution	Ball Size	Hoop Height	Zone Defense	Double Teamin	Free Throw Distance	Backcourt Guarding	3 seconds Lane Called	5 seconds Guarded	
3rd Grade	8 minute running clock Clock stops for TO's, matchups and free throws last 2 minutes of quarter	1 one-minute TO per half	Subs made at halfway Point of each quarter unless player is hurt or fouls out	28.5"	9'	No	Not outside the lane	3 feet in front of line (Shooter may cross line when shooting but not move Basket until ball hits rim)	No	Allow 5 seconds	No	3rd Grade
4th Grade						No	Not outside the lane	same as 3rd but 2 feet in front of line	No	Allow 5 seconds	No	4th Grade
5th Grade	6 minute stop time quarters 1 two minute stop time OT	4 TO's per game (2-60 and 2 - 30). 1 30 TO in OT	Normal	28.5"	10'	No	Yes	Normal	Only in 4th Quarter/OT and leading by less than 15	Yes	Yes	5th Grade
6th Grade			Normal	28.5"		No	Yes	Normal	Yes, but only if leading by less than 15 points	Yes	Yes	6th Grade
7th Grade Boys	7 minute stop time quarters 1 two minute stop time OT	4 TO's per game (2-60 and 2 - 30). 1 30 TO in OT	Normal	29.5"		No	Yes	Normal		Yes	Yes	7th Grade Boys
7th & 8th Girls			Normal	28.5"		No	Yes	Normal		Yes	Yes	7th & 8th Girls
8th Grade Boys			Normal	29.5"		No	Yes	Normal		Yes	Yes	8th Grade Boys

*** These rules have been adopted by all leagues involved in inter-city play. As always these rules are left to the interpretation of all those participating in the event. We strongly encourage the referees and coaches to meet prior to the start of the game and review their understanding of these rules as written to avoid any potential misunderstandings/misinterpretations during game play. It is the coach's responsibility to disseminate this information to their respective players and families.